

# Public Issues Report 4th Quarter 2011

Public File 2011 – 4<sup>th</sup> Quarter

## News at

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## OCTOBER 2011

10-3-2011

Rebels without a coherent cause are on the move! The "wall street" demos enter week three in N-Y-C after a weekend march down the Brooklyn Bridge netted 700 arrests....Copycats have now popped up in L.A., Boston and Burlington.

It's back-to-work for the highest court in the nation today! and "obama-care" tops the list of issues the nine justices could take on. Lawsuits filed by 28 states, et al... challenge the fed's right to require people to buy health insurance under the president's plan. CASES ALREADY ON THE COURT'S DOCKET include g-p-s tracking, privacy rights on PUBLIC ROADS, prison strip searches and whether the f-c-c's indecency rules violate free speech.

10-4-2011

that chemical fire burning outside of dallas is finally contained this morning. And the e-p-a says the initial air quality tests are clear. but officials still want people with respiratory problems to stay indoors or steer clear of the downwinds. the fire started when chemicals were being mixed and somebody jacked up the formula...

WORKERS IN EIGHT STATES ARE GOING TO BE GETTING SOME EXTRA CASH SOON. THE HOUSTON CHRONICLE REPORTS COLORADO, MONTANA, OHIO AND WASHINGTON HAVE ANNOUNCED PLANS TO RAISE THEIR MINIMUM WAGES. AND ARIZONA, FLORIDA AND VERMONT ARE EXPECTED TO FOLLOW SUIT SOON. THE RAISES ARE PART OF STATE LAWS REQUIRING WAGES TO ADJUST TO KEEP UP WITH INFLATION.

10-5-2011

the numbers continue to grow.... 18 are dead and at least 100 sick from tainted cantaloupe! And the c-d-c expects those numbers to rise thru october and beyond since it can take up 90 days for food poisoning to surface. the toll could surpass the deli-meat listeria outbreak in 1998 that claimed 21 lives. No word yet on the cause... But the f-d-a says throw away any Jensen Farms cantaloupe and sanitize your fridge and counter tops!

CANT KICK THE FAST FOOD CRAVINGS? HERE ARE SOME STEPS YOU CAN TAKE TO MAKE YOUR NAUGHTY HABIT A LITTLE MORE HEALTHY. SKIP THE MAYONNAISE AND STICK TO KETCHUP AND MUSTARD. FATTY SAUCES CAD ADD UP TO 10-GRAMS OF FAT OR MORE. AVOID SUGARY SOFT DRINKS AND JUICES. ORDER A SALAD INSTEAD OF FRIES AND CHOOSE LOW FAT OR FAT FREE DRESSING. AND DON'T GET THE KING SIZED MEALS... STICK TO SMALLER PORTIONS.

10-6-2011

WANT TO STOP AGING? CERTAIN FOODS CAN HELP. WHEN HUNGER STRIKES SNACK ON STRING CHEESE FOR A CALCIUM KICK THAT KEEPS YOUR BONES STRONG. ENHANCE YOUR MUSCLES WITH A NUTRITION BAR PACKED WITH SOY PROTEIN. AND

POPCORN IS A GREAT SOURCE OF WHOLE GRAINS WHICH KEEPS YOUR HEART HEALTHY.

10-7-2011

DID YOU KNOW THERE'S A RIGHT WAY TO POP A PIMPLE? THAT'S RIGHT! SO PUT DOWN THAT CEREAL BOWL AND LISTEN UP! DON'T EVEN THINK ABOUT POPPING YOUR PIMPLE BEFORE CLEANING IT WITH ALCOHOL. AND INVEST IN A COMEDONE EXTRACTOR TO POP THE PIMPLE SO YOU'RE NOT PUTTING YOUR GREASY FINGERS ALL OVER THE INFECTED SPOT. AFTER POPPING, APPLY AN ANTIBACTERIAL PRODUCT OR BENZOYL PEROXIDE.

LOSING SLEEP IS A GREAT WAY TO THROW OFF YOUR APPETITE, METABOLISM AND WILL POWER. SO HERE'S WHAT YOU NEED TO DO.

MAKE SLEEP A PRIORITY. IT'S IMPORTANT TO SETTLE INTO A PATTERN AND STICK WITH IT. TO GET BETTER SLEEP, GO TO BED EARLIER AND AVOID CAFFEINE AFTER LUNCH TIME. YOU'LL KNOW YOU'RE DOING IT RIGHT IF YOU'RE GOING TO BED AND WAKING UP AT THE SAME TIME EVERY DAY.

10-10-2011

the death toll from the listeria outbreak from colorado cataloupes has now grown to 21 people in 23 states. the centers for disease control confirms the new deaths in indiana and new york. 109 people have been sickened in the outbreak and officials expect that number to grow because symptoms of listeria can take up to two months to show up. Governor Jerry Brown is back on the front lines of the illegal immigration debate.

He signed the second half of the California Dream Act, allowing undocumented immigrant children to receive state financial aid for college, beginning in 2013. In July, he signed the first half, allowing such kids to receive privately funded scholarships to public universities.

10-11-2011

it's not looking good for basketball fans! players and owners met in new york yesterday... But they only thing they could agree on.. cancelling the first two weeks of the regular season! the gulf between the two sides is two-million dollars for players who want to see their average player pay of 5 million bumped to seven.

ARE YOU A BITTER BETTY? WELL CHEER UP! OR YOU will "look" as "nasty" as your ATTITUDE. DOCS SAY BITTERNESS IS A HUGE SOURCE OF STRESS. IT eats away at YOUR IMMUNE SYSTEM, PREVENT YOU FROM SLEEPING, AND CAN EVEN LEAD TO CHRONIC PAIN. And to top it off, literally, you'll PACK ON THE POUNDS.

10-12-2011

you'll be less "SKIPPY" to buy your favorite peanut butter THIS MORNING. THE PRICE OF PEANUT BUTTER MAY SOON SKYROCKET. THE L-A TIMES REPORTS The HOT WEATHER DEVASTATED THIS YEAR'S PEANUT CROP, RAISING THE COST FOR MANUFACTURERS. ANALYSTS SAY PRICES AT THE STORE COULD JUMP AS MUCH AS 35-PERCENT.

FINDING TIME TO WORKOUT CAN BE HARD FOR MOMs. so, HERE'S SOME ONE-MINUTE AT-HOME EXERCISES TO HELP ALL YOU NEW MOMMIES STAY lose the baby weight. START WITH THE STANDING KNEE LIFTS AND INCORPORATE AN OPPOSITE ELBOW TOUCH. MOVE ON TO ON-THE-KNEE PUSHUPS OR THE LESS P-C TERM "GIRL PUSHUPS". TURN THAT INTO A FULL BODY PLANK. THEN STAND UP FOR SOME STRAIGHT-LEG KICKS, REACHING FOR THE OPPOSITE TOE. FINISH IT ALL OFF WITH SOME BOXING MOVES LIKE UPPER CUTS AND JABS.

10-13-2011

a big drop in the number of people filing foreclosure paperwork! filings have dropped 34 percent as banks are extending the review process and finding other ways to keep home owners afloat. Meanwhile new trend alert.... "land banking!" It allows banks to demolish homes and give away the property to communities rather than continue to pay upkeep and property taxes.

IF YOU OWN A BLACKBERRY THINGS ARE GONNA GET SOUR. FOR THREE DAYS SOME BLACKBERRY SUBSCRIBERS MAY BE EXPERIENCING ON AGAIN OFF AGAIN SERVICE DELAYS THIS MORNING. OBVIOUSLY THEY ARE WORKING ON IT, AND SAY IT'S A "EXTREMELY CRITICAL ISSUE" AND DON'T HAVE A DATE WHEN IT'LL BE RESOLVE. THE OUTAGE NOW IMPACTS PEOPLE ON NEARLY EVERY CONTINENT. IT'S SO BAD YOU'LL ACTUALLY GET AN AMERICAN IF YOU CALL CUSTOMER SERVICE.

10-14-2011

IF YOU CRAVE THOSE FAST FOOD BURGER JOINTS LISTEN UP! Some BURGERS are more safe and some are more sorry when it comes to your waistline! LIKE THE WENDY'S BACONATOR DOUBLE... IT'S NINE-HUNDRED-70 CALORIES. GO FOR THE JUNIOR CHEESEBURGER INSTEAD. IT'S ONLY TWO-HUNDRED-90 CALORIES. BURGER KING FAN? THE B-K WHOPPER WILL COST YOU SIX-HUNDRED-70 CALORIES WHILE THE CALIFORNIA WHOPPER JUNIOR IS FOUR-HUNDRED-30 CALORIES. MICKEY D'S ANGUS CHIPOTLE B-B-Q BACON BURGER IS A WHOPPING EIGHT-HUNDRED CALORIES. SO INSTEAD OPT FOR A REGULAR CHEESEBURGER WHICH IS ONLY THREE-HUNDRED CALORIES.

A dash of GOOD NEWS FOR THE ECONOMY. THE NUMBER OF PEOPLE FILING FOR FIRST-TIME UNEMPLOYMENT CLAIMS DROPPED TO 404-THOUSAND LAST WEEK. A little LESS THAN EXPECTED. BUT THE L-A TIMES says that number IS STILL TOO HIGH for the UNEMPLOYMENT RATE to see a significant drop ANYTIME SOON.

10-17-2011

the postal worker's union IS PULLING OUT THE BIG GUNS TO SAVE JOBS! THE WALL-STREET JOURNAL SAYS RON BLOOM, THE GUY behind THE BAILOUT OF G-m AND CHRYSLER has been hired alongside INVESTMENT BANK LAZARD. Online bill pay and a mandatory 5.5 billion a year for 10 years to pre-fund 75 years worth of retirement bennies are crippling the post office.

the downward dog is moving up to yo' face. New studies show YOGA CAN CUT AGING BY 9-YEARS. BUT IF YOU CAN'T GET TO a MAT, try FACE YOGA. YOU'LL HAVE TO DO SOME SILLY FACE STRETCHES BUT THE BENEFITS OUTWEIGH THE EMBARRASSMENT. ABOUT 10 MINUTES A DAY WILL PREVENT WRINKLES, INCREASES BLOOD FLOW AND CAN RELIEVE EYE HEADACHES. GO TO BODY CHECKLIST DOT COM... THERE WE HAVE A HOW-TO VIDEO FOR DIFFERENT TECHNIQUES.

10-18-2011

lowes is closing 20 stores from maine to california two thousand employees will be looking for new gigs once the final store on the "hit-list" is closed this year. Ten shuttered on sunday... Another ten will close within the next 30 days. The home improvement retailer is also scaling back on opening any new stores in 20-12. wanna-be expectant moms...

Worried about weight gain...Here's an easy way to get YOUR PRE-BABY BODY BACK... FIRST, remember the fitter you are before you get pregnant the easier it is to get back in shape. Exercise while you're PREGNant, BUT MAKE SURE YOUR WORKOUT IS DOCTOR APPROVED. After you've had the baby, don't finish EATING YOUR BABY'S FOOD... MOST

ARE LOADED WITH CALORIES. INSTEAD, BUILDUP YOUR NUTRITION WITH ORGANIC AND VITAMIN RICH FOODS. FINALLY, FOCUS ON A STRESS-FREE LIFESTYLE... IT'LL BENEFIT YOU AND THE BABY.

10-19-11

LOCAL GOVERNMENTS USED TO MEAN STABLE JOBS, BUT NOT ANYMORE. THE U-S-A TODAY REPORTS LOCAL GOVERNMENTS HAVE CUT 535-THOUSAND POSITIONS SINCE 2008... THE MOST JOBS CUT FROM LOCAL GOVERNMENTS EVER! AND IT'S NOT OVER YET. ANALYSTS PREDICT ANOTHER 265-THOUSAND will get pink slips BY THE END OF NEXT YEAR.

the price of snail mail is "picking up." starting january 22nd.. Those forever stamps will run ya' 45 cents.. a one cent bump.I guess forever doesn't really last that long.Postcard postage will also increase 3 cents to 32 cents. The postmaster hopes the small increase brings in more cash for the Postal Service.

10-20-11

new this morning... Investigators are blaming a dirty cantaloupe packing shed for the listeria outbreak! workers likely tramped thru pools of water tainted with listeria... then tracked it around the shed. The deadly bacteria was found on a conveyor belt, a drying area and a floor drain at jensen farms in colorado. the farm passed a food safety audit just days before... scoring of 96 out of 100! 25 people have died from the tainted cantaloupe.

YOU MIGHT THINK COCONUT WATER IS SOME KOOKY CRAZE, BUT IN THE RIGHT FORM IT IS NATURE'S GATORADE. NATURAL COCONUT H-2-O... THE KIND OFF THE TREE... IS LOADED WITH POTASSIUM, ELECTROLYTES AND VITAMIN C... BUT IF TAPPING A COCONUT ISN'T THE WAY YOU CAN GET YOUR WATER, BUY FROZEN AND THAW IT OUT. TRY TO AVOID "OFF-THE-SHELF" COCONUT WATERS - ESPECIALLY CANNED - BECAUSE PASTEURIZATION Dilutes the BENEFITS.

10-21-2011

IT'S NATIONAL MAMMOGRAPHY DAY! AND THERE ARE TWO SETS OF GUIDELINES YOU CAN FOLLOW. the experts suggest WOMEN OVER 40 GET MAMMOGRAMS EVERY TWO YEARS. research SHOWS THE BENEFITS of GETTING A YEARLY SCREENING are minimal something THE AMERICAN CANCER SOCIETY has been RECOMMENDING FOR WOMEN in the 40-plus group. BOTTOM LINE? SCREENING once a year or every other year IS A GOOD THING!

HERE'S ANOTHER THING YOU SHOULD BE DOING LADIES... SELF BREAST EXAMS. FIRST LOOK AT YOUR BREASTS IN THE MIRROR. IF YOU SEE any DIMPLING OR BULGING OF THE SKIN YOU SHOULD TELL YOU DOCTOR. LOOK FOR LEAKAGE... AND WE'LL LEAVE THAT STEP AT THAT. NEXT FEEL YOUR BREASTS WHILE LYING DOWN, USING YOUR RIGHT HAND TO FEEL YOUR LEFT BREAST AND THEN YOUR LEFT TO FEEL YOUR RIGHT BREAST.

10-24-11

PRICES ARE STARTING TO JUMP at the pump AGAIN. THE LATEST LUNDBERG SURVEY SAYS GAS PRICES HAVE GONE UP NEARLY FIVE CENTS IN THE PAST TWO WEEKS. THE WASHINGTON POST REPORTS THAT THE AVERAGE COST OF A GALLON OF REGULAR IS NOW THREE-47 A GALLON. THE GOOD NEWS... ANALYSTS DON'T EXPECT PRICES TO JUMP MUCH HIGHER. COVER THE ENTIRE BREAST FROM TOP TO BOTTOM HOLDING YOUR FINGERS FLAT AND MOVING THEM IN A CIRCULAR MOTION. IF YOU FIND ANY LUMPS OR BUMPS IT'S TIME TO GO TO THE DOCTOR.

10-25-2011

you better ride your hog to the dealer. Harley-Davidson is recalling more than 300-thousand motorcycles worldwide, because of a problem with the rear brake light switch. The company says the exhaust system in certain models may expose the switch to excessive heat, causing the light to malfunction. The problem affects the Touring and Trike models made from 2009 to 2012. FLU SEASON IS HERE AND IF YOU'VE EVER HAD THE FLU, YOU KNOW IT'S ANYTHING BUT FUN. BUT THE FLU SHOT "MAKING YOU SICK"... Real or rumor? -DOCTOR'S SAY NO! MAYBE SOMEONE MADE THAT UP TO AVOID GETTING A NEEDLE IN THEIR ARM. -YOU MAY EXPERIENCE SIDE EFFECTS LIKE A LOW FEVER OR MUSCLE ACHES, BUT THEY ARE USUALLY MILD. -WHO SHOULD the flu shot? THE C-D-C SAYS EVERYONE OVER 6 MONTHS OLD.

10-26-2011

new THIS MORNING, THE NUMBER OF DEATHS LINKED TO KILLER CANTALOUPE HAS hit 28. THE C-D-C SAYS SINCE SEPTEMBER the listeria laced melons have sickened 133 people in 26 states and caused One woman to have a miscarriage. The bacteria can take up to 90 days to surface. THIS IS THE DEADLIEST food poisoning OUTBREAK IN THE U-S SINCE 19-85. if you are a coffee drinker, this story is for you... A new study has found your morning cup of joe could be reducing your risk for skin cancer! The study found that women who drank more than three cups per day were 20 percent less likely to get basal cell carcinoma, the most common form of skin cancer. Guys were only 9 percent less likely and decaf didn't have the same affect as the leaded stuff.

10-27-2011

A NEW STUDY offers more proof that catching rays in a tanning bed can be deadly. BRIGHAM AND WOMEN'S HOSPITAL AND HARVARD university TRACKED THE TANNING HABITS OF MORE THAN 73-THOUSAND NURSES OVER 20-YEARS. RESEARCHERS FOUND THAT TANNING BEDS INCREASED THE RISK OF NON-MELANOMA CANCERS BY 15-PERCENT... AND UPPED THE RATE OF MELANOMA, THE DEADLIEST SKIN CANCER, BY 11-PERCENT. SURVEYS HAVE SHOWN most YOUNG WOMEN WILL TAN DESPITE THE WARNINGS. THE COST TO GO TO COLLEGE IS ON THE RISE, in spite of, or perhaps in part because of the government having taken over student loans. A NEW REPORT FROM THE COLLEGE BOARD SHOWS THE AVERAGE TUITION FOR PUBLIC COLLEGES and community colleges rose a blistering EIGHT-PERCENT IN JUST the past YEAR.

10-28-2011

GOT A BABY BUMP? IT CAN BE A GREAT EXCUSE TO EAT WHATEVER YOU WANT. IF YOU'D RATHER STAY ACTIVE DURING PREGNANCY.... YOU CAN TRY FRANC'S WORKOUT FROM FATHER OF THE BRIDE 2.... Or.... -DO 2 1/2 HRS OF MODERATE CARDIO A WEEK -DO MORE REPS WITH LIGHT WEIGHTS -DO YOUR KEGELS.... YOUR MAN WILL ALSO APPRECIATE THESE TOO. WHETHER YOU'RE PREGGERS OR NOT-- EATING RIGHT IS CRITICAL IN MAINTAINING YOUR GOAL WEIGHT. ONE BODYCHECKLIST NUTRITIONIST SHARES HER TIPS ON FOODS YOU SHOULD BE EATING. TRY BROWN RICE, AVOID WHITE RICE -WHITE ISN'T AS GREAT BECAUSE IT'S STRIPPED OF THE GOOD FIBER AND NUTRIENTS TRY BLACK BEANS, AVOID CANNED BAKED BEANS -CANNED ARE COVERED IN FRUCTOSE SYRUP AND SODIUM -BEANS ARE A GOOD SOURCE OF FIBER AND IRON -THROW SOME BLACK BEANS ON BROWN RICE AND YOU'VE GOT A HEALTHY MEAL

10-31-2011

THIS MORNING, NEARLY A DOZEN PEOPLE ARE DEAD AND MORE THAN 3 MILLION ARE WITHOUT POWER FROM A FREAK SNOW STORM THAT BLANKETED THE NORTH-EAST. MORE THAN 2 FEET OF SNOW FALL IS BEING BLAMED FOR 11 DEATHS OVER THE WEEKEND. NEW JERSEY, CONNECTICUT, MASSACHUSETTS AND PARTS OF NEW YORK HAVE DECLARED STATES OF EMERGENCY. OFFICIALS FROM MARYLAND TO MAINE SAY IT WILL TAKE DAYS TO RESTORE POWER TO HOMES AND BUSINESSES.

## NOVEMBER 2011

11-1-2011

HOME PRICES MAY BE HEADING FOR A TRIPLE DIP. FINANCIAL expertS believe HOME PRICES WILL FALL ANOTHER THREE-POINT-SIX-PERCENT BY JUNE THANKS TO MORE FORECLOSURES HITTING THE MARKET. THE CHICAGO TRIBUNE says THAT's a 35-PERCENT drop from THE market's peak in 2006.

A LOT OF US RELY ON CAFFEINE TO GET US THROUGH THE BUSY HOLIDAY SEASON, OR EVEN JUST THE MORNING! But here some ways to avoid O-D'ing ON it! 1. KEEP TABS - READ LABELS, CHECK all FOOD AND BEVERAGES FOR AMOUNTS OF CAFFEINE! You may be surprised where caffeine lurks. 2. CUT BACK, but don't give up. Going "cold turkey" never works long-term. Try DECAF after a certain time. 3. And SHORTEN BREW TIME. WHEN IT COMES TO TEA, THE SHORTER YOU BREW IT THE LESS CAFFEINE.

11-2-2011

There's a silent killer inside your medicine cabinet, and it's reached epidemic levels. So says the C-D-C about narcotic pain killers, which more than 40 people overdose on and die from "every day!" The new study says prescription pills like Vicodin and OxyContin now kill more Americans than heroin and cocaine combined, and the death toll has more than tripled in the past decade. \* New Mexico had the highest rate of deaths from overdoses \* Florida has the most prescription painkiller sales per person \* prescription meds kills 15,000 people in the United States each year

11-3-2011

ANOTHER PERSON HAS BEEN KILLED FROM KILLER CANTALOUPE IN LESS THAN A WEEK. THE C-D-C SAYS SINCE SEPTEMBER, LISTERIA LACED MELONS HAVE KILLED 29 PEOPLE... MAKING THIS THE DEADLIEST OUTBREAK SINCE THE AGENCY BEGAN TRACKING LISTERIA CASES. 139 PEOPLE IN 28 STATES HAVE BECOME STRICKEN WITH THE DISEASE. THE F-D-A LINKED THE OUTBREAK TO EQUIPMENT AND PROCEDURES AT THE JENSEN FARMS PACKING PLANT IN COLORADO.

11-4-2011

MORE ENCOURAGING NEWS FROM THE JOB FRONT. the recent round of FIRST-TIME UNEMPLOYMENT CLAIMS DROPPED BY NINE-THOUSAND! THAT PUTS THE NUMBER OF FIRST-TIME FILERS AT IT'S LOWEST POINT IN FIVE WEEKS. AND THE BOSTON GLOBE says IT'S THE FIRST TIME SINCE APRIL APPLICATIONS HAVE FALLEN BELOW 400-THOUSAND.

11-7-2011

That earthquake and several aftershocks in the heartland are not 'ok' the 5-point-6 magnitude quake in central oklahoma damaged several buildings, as well as the nerves of people more accustomed to tornadoes than earthquakes. Although homes and other buildings cracked and suffered minor damage, there were no reports of any getting hurt.

PRICES ARE FINALLY DIPPING again AT THE PUMP. THE LATEST LUNDBERG SURVEY SAYS GAS PRICES HAVE GONE DOWN NEARLY FOUR CENTS IN THE PAST TWO WEEKS. MERCURY NEWS REPORTS THE AVERAGE COST OF A GALLON OF REGULAR IS NOW THREE-43. THIS IS THE FIRST DROP SINCE EARLY OCTOBER.

11-8-2011

reality check IN TODAY'S BODY CHECKLIST For those still living under the illusion that WE'RE DOING OURselves a favor by ordering SALADS INSTEAD OF BUGERS AND FRIES at the fast food joint! So this morning, we're going to play.... LADIES... GUESS WHICH SALAD has more calories.... WENDY'S SPICY CHICKEN CASEAR SALAD OR BAJA SALAD? AVOID: SPICY CHICKEN CASEAR SALAD

760 CALORIES, 49G FAT, 1980 SODIUM

ENJOY: BAJA SALAD

470 calories, 31g fat, 1170 sodium

BURGER KING'S TENDERCRISP GARDEN SALAD OR TENDERGRILL GARDEN SALAD?

AVOID: TENDERCRISP GARDEN SALAD W/LIGHT ITALIAN DRESSING

530 CALORIES, 33G FAT, 33G CARBS

ENJOY: TENDERGRILL GARDEN SALAD W/LIGHT ITALIAN DRESSING

350 CALORIES, 18G FAT, 8G SUGAR, 15G CARBS

MCDONALDS' PREMIUM CAESAR SALAD W/GRILLED CHICKEN OR PREMIUM SOUTHWEST SALAD W/CRISPY CHICKEN?

AVOID: PREMIUM SOUTHWEST SALAD W/CRISPY CHICKEN W/CREAMY SOUTHWEST DRESSING

550 CALORIES, 27G FAT, 53G CARBS

ENJOY: PREMIUM CAESAR SALAD W/GRILLED CHICKEN W/LOW FAT BALSAMIC

225 CALORIES, 7.5G FAT, 13G CARB

11-9-2011 if you drive a toyota.. You should be used to the recalls by now... Here's another one affecting about 550 thousand cars mostly in the u-s... a steering problem to blame! The list released today includes... 2004 and 2005 Camry, Highlander, Sienna and Solara models... As well as the 2004 Avalon and the 2006 Highlander HV. Toyota will contact owners to make an appointment with dealers once replacement parts are available.

11-10-2011

before you kick on that space heater listen up. According to the national institute of standards and technology, houses are burning up way faster than before. Even with working smoke alarms, a house fire can become uncontrollable in less than 3 minutes! That's scary stuff considering it was 17 minutes back in the 70's. experts say, chemicals in upholstery, modern building materials and open floor plans all add to the speed of the inferno!

11-11-2011

SOME GOOD NEWS ON THE JOB FRONT. THE WALL STREET JOURNAL SAYS FEWER AMERICANS FILED FOR UNEMPLOYMENT BENEFITS LAST WEEK. THE LABOR DEPARTMENT SAYS ABOUT 390-THOUSAND PEOPLE FILED FOR THEIR FIRST WEEK OF UNEMPLOYMENT. THAT'S A SEVEN-MONTH LOW.SINCE APRIL, CLAIMS HAVE BEEN AROUND 400-THOUSAND.

11-14-2011

20-12 COULD BRING A MAJOR JUMP AT THE PUMP! THE L-A TIMES REPORTS A COMBO OF a GROWING WORLD DEMAND AND RISING U-S EXPORTS COULD DRIVE THE PRICE

OF GAS TO RECORD HIGHS NEXT YEAR. ANALYSTS SAY WE'VE SPENT 100-BILLION MORE ON OIL THIS YEAR THAN IN 2010. AND IF THAT SPENDING CONTINUES, GAS PRICES COULD JUMP TO 4-50 A GALLON IN SOME AREAS BY EASTER.

11-15-2011

if you haven't had your fill of unsettling economic news lately... It's about to get more expensive to fill your tank! experts blame surging oil prices on the weak dollar... Tension in the middle east and a decrease in reserves for the recent 20 PERCENT hike in crude prices. A weaker dollar usually signals a rise in oil prices, since the exchange rate gives foreign countries more purchasing power. Everybody... Spirit Airlines has raised its online booking fee from 6-99 per one way ticket, to 16-99! This is important because, as you know, you have to travel on Spirit Airlines. Any time you go anywhere. As the Huffington Post notes in this outrage, unless you avoid the fee by buying your ticket at the airport, those flying from N-Y-C to Detroit will now pay 40% of the final cost in user fees... 40%!.... of the total 83 dollar round trip ticket to be flown 1,400 miles across the country.

11-16-2011

And college hoops will be the only place we see great ballin'. The pro's can't get it together... Now cancelling the nba season through mid-december. all games are off now until at least december 15th. And now players hve filed a class-action antitrust lawsuit against the league.. saying commish David Stern's ultimatums left them no other choice but to reject the league's 50-50 split deal.

11-17-2011

if you're a current or former netflix subscriber you're probably mulling over a class-action lawsuit this morning! It's the latest twist in a legal drama pitting consumers against Netflix and Wal-Mart. The two company's had agreed to work together to boost sales... it was a big fat fail. Wal-Mart has agreed to pay out 27 million in cash and gift cards, but netflixers may take home pennies after the lawyers are paid.

11-18-2011

if you thought the turkey was expensive this THANKSGIVING.. Wait until you fill up your tank. U-S-A TODAY REPORTS THE AVERAGE COST OF GAS IS EXPECTED TO BE 3-37 A GALLON NEXT WEEK. AND WHILE GAS PRICES HAVE BEEN FALLING SINCE JUNE. NEXT WEEK'S AVERAGE WOULD PUT THE COST OF GAS UP 51 CENTS FROM LAST THANKSGIVING!

11-21-2011

HERE'S SOMETHING TO BE THANKFUL FOR EARLY THIS WEEK! ACCORDING TO THE NEWEST LUNDBERG SURVEY, THE AVERAGE COST OF A GALLON OF GAS IS NOW 3-38... DOWN NEARLY FIVE CENTS FROM TWO WEEKS AGO. THE SAN FRANCISCO CHRONicle SAYS DAYLIGHT SAVINGS TIME IS KEEPING MORE PEOPLE OFF THE ROAD SINCE IT'S GETTING DARKER EARLIER.

11-22-2011

GENERAL MOTORS IS MAKING GOOD ON A DEAL TO BRING JOBS BACK. THE WASHINGTON POST SAYS G-M ANNOUNCED IT WILL ADD NEARLY 700 JOBS TO BUILD THE CHEVROLET EQUINOX AT ITS SPRING HILL, TENNESSE PLANT NEXT YEAR. THEN IT WILL ADD ANOTHER 12-HUNDRED MORE JOBS to MAKE A NEW MID-SIZED VEHICLE FOR THE 20-15 MODEL YEAR. THE INVESTMENT TOTALS NEARLY 255-MILLION.



11-23-2011

with an estimated 42 point 5 million americans traveling over the next few days, it's going to get messy. whether you are flying, driving or taking the train, a weather system in the northwest will most likely be causing some delays and cancellations.

11-24-2011

FOR THOSE OF US NOT STUCK AT THE AIRPORT... IT'S TIME TO GET READY FOR BLACK FRIDAY. SO BEFORE THE TRYPTOPHAN SETS IN WE'RE HOOKING YOU UP ON WHAT STORES WILL BE READY TO GET THE PARTY STARTED... AND MAKE SURE YOU WEAR SOME GOOD WALKING SHOES... HERE YOU GO..

Toys "R" Us: Nov. 24, 10 p.m.

Gap, Inc.: Nov. 25, 12 a.m.

Kohl's: Nov. 25, 12 a.m.

Macy's: Nov. 25, 12 a.m.

Target: Nov. 25, 12 a.m.

JCPenny: Nov. 25, 4 a.m to 11 p.m.

Sears: Nov. 25, 4 a.m to 1 p.m.

Sam's Club: Nov. 25, 5 a.m.

AND DON'T FORGET TO CALL OR GO ONLINE TO SEE WHAT TIME YOUR FAVORITE STORE WILL BE OPEN ON BLACK FRIDAY...

11-25-2011

152-MILLION. THAT'S THE NUMBER OF SHOPPERS THE NATIONAL RETAIL FEDERATION EXPECTS TO HIT STORES TODAY. THAT'S UP 14-MILLION FROM LAST YEAR. BUT SHOPPERS MAY BE A LITTLE MORE SPREAD OUT SINCE more STORES this year OPENED LAST NIGHT. LAST YEAR 24-PERCENT OF SHOPPERS HIT STORES BY FOUR A-M.

11-28-2011

now that you're black friday shopping hangover is gone... It's time to gear up for cyber monday! more than 75 million people are expected to spend a record 1.2 billion dollars while shopping online... Many from the office... and many with their smartphones! But buyer beware of scams offering free ipads, iphones and kindles... and any site ending in .e-x-e

11-29-2011

HOLD ONTO YOUR SEATS FOLKS BECAUSE THIS NEXT STUDY WILL BLOW YOU AWAY. WORD IS, WATCHING T-V IS THE MOST DAMAGING ACTIVITY AN INACTIVE CHILD CAN INDULGE IN. AND THAT'S COMING FROM RESEARCHERS AT CANADA'S QUEEN'S UNIVERSITY... SO YOU KNOW IT'S TRUE. THEY SCREENED MORE THAN 25-HUNDRED KIDS AND FOUND THOSE WHO SPENT SEVERAL HOURS STARING AT A SCREEN HAD BIGGER WAISTLINES AND HIGHER CHOLESTEROL LEVELS COMPARED TO KIDS ENGAGING IN OTHER SEDENTARY ACTIVITIES... WHICH WERE NOT LISTED.

11-30-2011

YOU MAY WANT TO ADD A HOUSE TO YOUR CHRISTMAS LIST. U-S-A TODAY REPORTS HOME PRICES DROPPED MORE THAN HALF A PERCENT IN SEPTEMBER... PUTTING PRICES AROUND WHAT THEY WERE BACK IN 2003. ANALYSTS SAY FORECLOSURES REMAIN HIGH AND MANY BORROWERS ARE STILL UNDERWATER. BUT THEY EXPECT PRICES TO DIP AGAIN BY THE END OF THE YEAR AND POSSIBLY AGAIN NEXT YEAR.

## DECEMBER 2011

12-1-2011

investors probably had a great night's sleep! That's because it was a big day on wall street yesterday. Stocks soared 490 points to close above 12-thousand. It was the dow's biggest one-day gain in two-and-a-half years. Why? The Fed announced it will boost liquidity, making it easier to borrow u-s dollars in an effort to avoid a global credit crisis based on Europe's debt issues.

12-2-2011

hurricane strength winds left a mess behind from four corners to the west coast! 100-miles per hour "plus" winds blew through Utah.... Causing traffic snarls. Some big rigs toppled, causing traffic backups on highways around Salt Lake City.. And 50 thousand lost power. and the santa ana's battered much of california and nevada... 140 mile-per-hour winds are blamed for downed trees, power lines, property damage and "more than" a million people in the dark from l-a to sacramento.

GREEN AND RED ARE THE TRADITIONAL CHRISTMAS COLORS. BUT THIS HOLIDAY SEASON YOU CAN GO JUST GREEN, ENVIRONMENTALLY GREEN. HERE'S HOW:  
WHEN IT COMES TO FOOD:

- GO LOCAL. CHOOSE MEAT AND VEGETABLES THAT ARE LOCALLY GROWN.
- SERVE LESS MEAT. MAKE MORE VEGGIE DISHES. MEAT REQUIRES MORE RESOURCES TO PRODUCE THAN VEGGIES.

WHEN IT COMES TO TRAVEL AND ENTERTAINING:

- CARPOOL. YOU'LL SAVE ON GAS AND FIND PARKING.
- COOL DOWN. TURN YOUR THERMOSTAT DOWN WHEN YOU HAVE A PARTY. IT'S GOING TO GET WARM WITH ALL THOSE PEOPLE.
- SEND E-CARDS OR MAKE PHONE CALLS. IF YOU CALL YOU'LL ACTUALLY CATCH UP WITH YOUR FRIENDS BUT TEXT-INVITES DON'T COUNT.

12-5-2011

IT'S GONNA COST MORE TO KEEP THAT HOME WARM IF YA GET TO KEEP IT... A LOT MORE.

THE U.S. ENERGY INFORMATION ADMINISTRATION reports THE PRICE OF HEATING THE AVERAGE HOME WITH OIL IS EXPECTED TO JUMP 10% for the rest of THIS YEAR. THAT'S MEANS YOU'RE GOING TO PAY AN AVERAGE OF \$25 HUNDRED OVER THE WINTER SEASON.... 45% HIGHER THAN JUST TWO YEARS AGO. WHY? THE PRICE OF GAS.

OVER INDULGING IS EASY TO DO THIS TIME OF YEAR, ESPECIALLY SINCE SOME OF THOSE DELICIOUS DISHES ONLY COME ONCE A YEAR. so HERE are SOME TIPS TO AVOID THE TEMPTATION. don't deprive yourself. THINK of each gathering LIKE GOLF. YOU CAN'T BIRDIE EVERY HOLE.... SO IF YOU ARE CURRENTLY IN WEIGHT LOSS MODE, PAR THE HOLIDAY COURSE. TAKE YOUR TIME! IT TAKES ABOUT 20-25 MINUTES FOR THE STOMACH TO BEGIN SIGNALING OUR BRAIN WE ARE STARTING TO GET FULL. And SPREAD OUT the SNACKING, REMEMBER NO MAN CAN EAT and enjoy 50 deviled EGGS at one time! GOOD

THINGS DO COME IN SMALL PACKAGES.... So ENJOY SMALL BITS OF  
"FORBIDDEN" QUALITY IS BETTER THAN QUANTITY, period.

12-6-2011

a man hunt is on in the north east this morning FOR AN ESCAPED PRISONER cops SAY IS VERY DANGEROUS AND OUT FOR REVENGE. word is, DAVID HOBSON HAS IT OUT FOR TWO PEOPLE BUT cops AREN'T SAYING WHY? HE WAS ABLE TO SCALE a RAZOR WIRE fence AT A PRISON IN OSSIPEE. COPS BELIEVE HE STOLE A 2002 BLUE HONDA ACCORD IN SANFORD AND IS SERIOUSLY HURT. HE WAS IN PRISON AWAITING TRIAL ON A BURGLARY CHARGE.

12-7-2011

TWO GREAT THINGS THAT TASTE GREAT TOGETHER... POLITICS AND GAY RIGHTS, here and abroad! WELL, THE U-S is dangling FOREIGN AID as an incentive to IMPROVE LESBIAN, GAY, BISEXUAL, AND TRANSGENDER RIGHTS around the world. In some COUNTRIES, THAT IT'LL GET YOU ARRESTED, BEATEN AND SOMETIMES even PUT TO DEATH IF YOU COME OUT. Hillary reppin' team O Says they WILL CONCENTRATE ON COUNTRIES that IN the president's EYES, JUST DON'T CARE ABOUT L-G-B-T RIGHTS.

12-8-2011

WE'RE IN THE MIDDLE OF FLU SEASON. BUT DID YOU KNOW YOUR DOG CAN GET THE FLU? AND THERE IS EVEN A U-S-D-A APPROVED FLU VACCINE FOR YOUR PUP. WHAT EXACTLY IS DOG FLU?

-DOG FLU IS DIFFERENT THAN PEOPLE FLU.

-DOGS CANNOT INFECT PEOPLE, AND VICE A VERSA.

-BUT DOGS CAN INFECT OTHER DOGS SINCE IT'S CONTAGIOUS.

SO SHOULD YOU SPEND THE, ON AVERAGE, \$30 DOLLARS FOR THE VACCINATION?

DOG FLU SYMPTOMS TO WATCH FOR INCLUDE COUGH, NASAL DISCHARGE, AND FEVER. AND IF YOU'RE CONCERNED ALWAYS CHECK WITH YOU DOG'S VET.

12-9-2011

DOES YOUR HEAD FEEL LIKE IT GOT HIT BY AN ANVIL? IN BODY CHECKLIST TODAY WE ARE TALKING ABOUT THOSE BLASTED MIGRAINES AND HOW YOU CAN MAKE THEM A LITTLE BIT MORE TOLERABLE.

HOW DO YOU KNOW IT'S A MIGRAINE?

\* A THROBBING, PULSATING, SHARP PAIN ON ONE OR BOTH SIDES OF THE HEAD

\* PAIN IS FELT BEHIND THE EYE

\* USUALLY LAST 1-4 DAYS.

SO HOW CAN YOU TREAT IT?

\* CHIROPRACTIC CARE

\* HEALTHY DIET

\* ICE PACK

\* REST IN A COOL, DARK PLACE

UNEMPLOYMENT APPLICATIONS HAVE HIT A NINE-MONTH LOW. THE NEW YORK TIMES SAYS THE LATEST NUMBERS FROM THE LABOR DEPARTMENT SHOW THERE WERE 381-THOUSAND JOBLESS CLAIMS FILED LAST WEEK... WHICH IS THE LOWEST IT'S BEEN IN NINE MONTHS. ANALYSTS SAY ANY NUMBER BELOW 400-THOUSAND IS A GOOD SIGN THE JOB MARKET IS GETTING BETTER.

12-12-2011

Put down the bowl and back slowly away from the cookie dough. That's the morning's warning to all you holiday bakers. The C-D-C says eating raw cookie can make you seriously sick -- not due to raw eggs which are usually pasteurized, but rather the raw flour. They're urging more manufacturers to use heat-treated flour in their ready-to-bake cookie dough.

12-13-2011

Here's a news quickie from the stock market. Hopefully confidence comes back to wall street today after stocks tumbled 163 points. there was a big sell-off after investors started freaking out again over Europe's debt crisis.. Worrying it won't be resolved soon. Also... Intel warned it will miss its quarterly sales forecast because of the worldwide hard drive shortage caused by massive floods in Thailand.

MORE BAD NEWS FOR THE HOUSING MARKET. U-S-A TODAY SAYS THE NATIONAL ASSOCIATION OF REALTORS WILL RELEASE a REVISED report next week with lower sales figures. THE numbers were INFLATED because of CHANGES TO THE census report AND an error in the sales figures. EXPERTS SAY THE REVISION MAY AFFECT COMPANIES WHO USE THE data FOR HIRING.

12-14-2011

here are some scary new stats... More children in the u-s are homeless... One in 45 of kids don't have a permanent roof over their heads... The biggest spike in three years. That's the word from a new report released by the National Center on Family Homelessness. It shows more than one-point-six-million kids in this country were homeless in 2010... Up 33 percent since 2007.

USA today finds electric bills have skyrocketed by 300 dollars over the past five years -- the average u-s household now paying over 14 hundred bucks a year. Thank our own increased demand from larger homes and more tech gadgets, as well as the costs of stricter environmental regulation.

12-15-2011

well, it's no news that teenagers are smoking the reefer... But it is news they are doing it way more than drinking which is at a historic low. According to a national survey, 36 percent of high school seniors, 28 percent of juniors and 12 percent of 8th graders have all taken a puff. Also, 1 IN 15 high schoolers says they smoke pot daily!

THE F-A-A SAYS PILOTS CAN NOW PLAY ANGRY BIRDS ON THEIR IPADS IN THE COCKPIT. OK, MAYBE ALEC BALDWIN WAS THE ONLY ONE THAT GAVE THEM AN ANGRY BIRD, BUT THEY -CAN- USE THEIR IPADS. ITS ALL ON A TRIAL BASIS. IF YOU HAVE EVER SEEN A PILOT WALKING TO THE GATE, YOU'VE SEEN THEM BRING BIG BRIEFCASES WITH THEM. WHY? IT'S THEIR FLIGHT BAG AND IT HAS THEIR PILOT MANUALS, LOGS, AND STUFF THEY NEED BY REQUIREMENT. THE IPAD CONSOLIDATES THAT AND, YES, JUST LIKE YOU AND ME, THEY CAN'T BE

ON DURING TAKEOFF AND LANDING.

12-16-2011

GOOD NEWS FOR anyone trying to get a HOME LOAN. U-S-A TODAY SAYS THE AVERAGE RATE ON A fixed 30-YEAR loan IS DOWN TO THREE-POINT-94 PERCENT... A RECORD LOW SET EARLIER THIS FALL. AND THE RATE FOR A 15-YEAR MORTGAGE FELL TO THREE-POINT-21 PERCENT... ANOTHER RECORD LOW. FINANCIAL EXPERTS SAY HOME SALES ARE still ONLY SLIGHTLY AHEAD OF LAST YEAR'S DISMAL FIGURES.

12-19-2011

NEW UNEMPLOYMENT NUMBERS HAVE THE AMOUNT OF FIRST-TIME FILERS AT A THREE-AND-A-HALF YEAR LOW. U-S-A TODAY sayS THE NATION'S JOBLESS RATE IS NOW AT EIGHT-POINT-SIX PERCENT... THAT'S THE LOWEST IT'S BEEN SINCE MAY of 2008. ANALYSTS SAY THE FIGURES ARE A GOOD sign THE MARKET IS GAINING LONG-TERM STRENGTH.

AIRLINES ARE CRACKING DOWN ON OVER STUFFED CARRY-ONS. the washington post reports... U-S AIRLINES, UNITED, AND AMERICAN, ARE CHARGING EXTRA FOR HEAVY CARRY-ONS FOR CERTAIN FLIGHTS. THE WEIGHT LIMIT IN MOST CASES IS ABOUT 50 POUNDS. Most don't charge for the first checked bag... But if you check two it could run you as much as 70 bucks.

12-20-2011

IN TODAY'S BODY CHECKLIST, HOW TO HAVE YOUR PIE AND EAT IT TOO! YOU CAN DO IT WITHOUT LOOSENING YOUR BELT BUCKLE, IF YOU SWAP OUT CERTAIN INGREDIENTS.

CAESAR SALAD

- THE BIGGEST CULPRIT HERE IS THE SUGAR IN BOTTLED DRESSING.
- MAKE YOUR OWN TO SAVE 67 CALORIES.

CANDIED SWEET POTATOES

- MARSHMALLOWS, BROWN SUGAR AND BUTTER ARE THE SCALE TIPPERS.
- USE MAPLE SYRUP, OLIVE OIL, AND CINNAMON SPICE
- SAVES ALMOST 100 CALORIES

MACARONI AND CHEESE.

- THE POWDERED CHEESE, WHOLE MILK, AND BUTTER CAN ADD UP.
- SWAP THEM FOR BUTTERNUT SQUASH, FAT-FREE MILK, REDUCED-FAT CHEDDAR CHEESE
- SAVE OVER 100 CALORIES.

PUMPKIN PIE.

THIS SWITCH IS EASY

- TRADE YOUR STORE BOUGHT CRUST FOR A GRAHAM CRACKER CRUST
- CUTS NEARLY 200 CALORIES

MASHED POTATOES

- ANOTHER SIMPLE SWAP THAT WILL SAVE NEARLY 200 CALORIES.
- USE LOW-FAT BUTTERMILK INSTEAD OF HEAVY CREAM.

12-21-2011

THE NUMBER OF HOMES BEING BUILT HAS SPIKED TO THE STRONGEST LEVELS IN ALMOST TWO YEARS.

U-S-A TODAY SAYS THE ANNUAL RATE ROSE TO 685-THOUSAND LAST MONTH... THAT'S UP MORE THAN NINE-PERCENT FROM OCTOBER. AND BUILDING PERMIT REQUESTS INCREASED BY NEARLY 21-PERCENT OVER LAST YEAR, INDICATING HOMEBUILDERS ARE BECOMING MORE OPTIMISTIC.

THE DOW JONES INDUSTRIAL AVERAGE GAVE US AN EARLY HOLIDAY GIFT. IT SPIKED MORE THAN 330 POINTS YESTERDAY. WHY? MAINLY THE GOOD NEWS FROM THE U-S HOUSING MARKET. BUILDERS ARE BUILDING.... WITH 685,000 NEW HOMES LAST MONTH, THAT'S A 9 POINT 3% JUMP FROM OCTOBER. THE SPANISH GOVERNMENT HAD A DEBT AUCTION AND CONSUMER CONFIDENCE IN GERMANY HELPED TOO. 330 POINTS WHAT I'M ALLOWED TO HAVE ON MY RICHARD SIMMONS DIET I'M KICKING OFF ON NEW YEARS.

12-22-2011

This newborn formula is off the shelves at walmart after a baby who drank the formula died this week in missouri. doctors say the 10 day old died from a bacterial infection and now the retail giant pulled the entire lot of the enfamil newborn powder out of caution. no federal recall has been order and the manufacturer says the formula tested negative for bacterium. But the feds are investigating.

GERMAN UNIVERSITY RESEARCHERS FOUND WHEN IT COMES TO CLIMBING UP THE COMPANY LADDER LOOKS ARE JUST AS GOOD AS BRAINS. RESEARCHERS QUESTIONED AND RATED ATTRACTIVENESS using THREE THOUSAND TEST SUBJECTS. THEY FOUND THOSE WHO SCORED JUST ONE POINT ABOVE AVERAGE ON THE ATTRACTIVENESS SCALE HAD A THREE PERCENT HIGHER CHANCE OF SCORING JOBS THAN OTHERS. THE REASON IS UNCLEAR BUT THEY BELIEVE IT'S BECAUSE GOOD LOOKIN' PEOPLE LEAVE A LASTING IMPRESSION.

12-23-2011

IF YOU STILL HAVEN'T BOUGHT ALL YOUR STOCKING STUFFER GIFTS, BODYCHECKLIST DOT HAS SOME HEALTHY, INEXPENSIVE OPTIONS YOU CAN BUY LAST MINUTE.

-INSTEAD OF COOKIES USE TRAIL MIX, GRANOLA BARS, OR FRUIT.

-EXERCISE DVDS.

GIVE ADULTS A YOGA DVD, IT'S LESS OFFENSIVE. FOR TEENS OR KIDS GIVE THEM A DANCE VIDEO GAME.

-BE GREEN AND GIVE ANYONE A B-P-A FREE WATER BOTTLE.

- PEDOMETER OR A JUMP ROPE

- FOR MOM, PRINT OUT RECIPE CARDS ONLINE.

- SNOW BOARDING or DANCE LESSONS

- SUBSCRIPTION TO HEALTH MAGAZINE

- SLEEP MASK

- CANDLES

- MAKE A MIX CD OF NEW WORKOUT MUSIC

12-26-2011

BEAUTY IS PAIN, BUT IT DOESN'T HAVE TO BE WHEN IT COMES TO YOUR FEET. RACHEL K WITH BODYCHECKLIST DOT COM IS HERE WITH SOME TIPS TO AVOID THAT HIGH HEEL HANGOVER. WE DON'T HAVE TO GIVE UP OUR FAVORITE STILETTOS EITHER. ALL THESE TIPS ARE FROM TODAY'S ARTICLE ON OUR WEBSITE BODYCHECKLIST DOT COM.

1) PICK THE RIGHT SHOE IN THE RIGHT SIZE.

-IF THEY'RE TOO SMALL YOU'LL GET BLISTERS AND BUNIONS.

-DON'T BUY THE SHOES A HALF SIZE SMALLER JUST BECAUSE THEY'RE FAB!

-IF YOU CAN'T QUIT YOUR 6 INCH HEELS, JUST ADD A CUSHION INSERT TO EASE PAIN IN THE BALL OF YOUR FOOT.

2) FLATS AREN'T ALWAYS THE FIX.

-SHOES THAT ARE COMPLETELY FLAT CAN CAUSE BACK, KNEE AND HIP PAIN.

-YOU'LL WANT TO ADD SOME ORTHOTIC INSERTS TO CREATE ARCH SUPPORT.

3) WHEN YOU SHOE SHOP MATTERS.

-OUR FEET SWELL ALL DAY LONG.

-SHOP FOR SHOES IN THE AFTERNOON, WHEN THEY'RE THE MOST SWOLLEN.

-IF THEY PINCH IN THE STORE, THEY'LL PINCH WHEN YOU LEAVE.

IF THE NEXT MORNING YOUR FEET ARE STILL KILLING YOU, MASSAGE THEM WITH A TENNIS BALL OR ROLL THEM OVER A FROZEN WATER BOTTLE.

12-27-2011

NOTHING LIKE A GAS HIKE TO TAKE THE CHEER OUT OF THE NEW YEAR. THE NEW JERSEY STAR-LEDGER REPORTS THE NATIONAL PRICE FOR REGULAR GAS HAS GONE UP ALMOST A PENNY IN THE PAST WEEK. RIGHT NOW, THE PRICE IS HOVERING AROUND 3-23 A GALLON... THAT'S ALMOST 22-CENTS MORE THAN A YEAR AGO. DO YOU THINK YOU'RE AS VAIN AS THE EVIL QUEEN FROM SNOW WHITE? THEN TODAY'S BODY CHECKLIST TOPIC IS PROBABLY ABOUT YOU. LIVINGSOCIAL CONDUCTED A SURVEY AND FOUND SOME INTERESTING STATS. OVERALL THEY FOUND THAT AMERICANS THINK THEY ARE WELL ABOVE AVERAGE WHEN IT COMES TO LOOKS.

- 1 IN 3 GIVE THEMSELVES AN 8, 9, OR 10.

- 56% SAY THEY DESERVE AT LEAST A 7.

ON THE FLIP SIDE THEY FOUND THAT

- 50% SAY PEOPLE IN THEIR CITY ARE OVERWEIGHT.

- 46% THINK THE WOMEN IN THEIR CITY ARE BEAUTIFUL.

- 36% SAY THE MEN ARE HANDSOME.

TO BE VAIN, WE HAVE TO BEAUTIFY OURSELVES.

-HAIR COLOR AND HIGHLIGHTS ARE THE MOST COMMON WITH 45%

-THEN MANI/PEDI WITH 43%,

- AND MASSAGE WITH 43%

WHICH CITY IS THE FAIREST OF THEM ALL?

MIAMI CAME IN AT NUMBER ONE.

12-28-2011

SHOPPERS ARE SLOWING GETTING BACK INTO THE BUYING MOOD. THE L-A TIMES REPORTS CONSUMER CONFIDENCE has JUMPED TOWARD A POST-RECESSION HIGH this month. SPENDING IS AT ITS HIGHEST LEVEL SINCE APRIL, BUT EXPERTS say it's STILL BELOW markers for a STABLE ECONOMY. However, that could change.... as all signs point to a "JOB MARKET" on the rise too!

12-29-11

a third baby is sick from a rare bacteria, which "had been" linked to baby formula! "but"... the oklahoma infant did NOT have the enfamil baby formula tied to two other cases.... including the death of a baby in missouri! In other words... it might "not" be the formula's fault. Independent tests are now being done on the formula and distilled water - known as 'nursery water' - used to prepare it. The formula has been pulled from store shelves to be safe.

caution.. "do not feed the animals".... At least not chicken jerky treats made in china! the f-d-a says 353 dogs have gotten sick from them, some serious with kidney failure and low blood sugar. But here's the kicker... The feds have no idea what's in the jerky making them sick or a specific brand.. So there's no recall, yet. They say the common bond is they're all made in china...

12-30-2011

Good news, bad news on the jobs front. Bad news: New claims for jobless benefits jumped by 15,000 to 381 thousand in the week ending December 24th. Good news: the four week average for new claims is down since August. And most economists agree that recent moderate job growth will continue into 20-12. But back to the bad, many public employees will see continue to pink slips in the new year, and a euro-zone meltdown could squash private sector hiring plans.

20-11 IS ENDING MUCH LIKE IT BEGAN... WITH FEW PEOPLE ABLE TO TAKE ADVANTAGE OF THE BEST MORTGAGE RATES IN HISTORY. U-S-A TODAY SAYS FIXED MORTGAGE RATES ROSE ONLY SLIGHTLY THIS WEEK OFF THEIR RECORD LOWS. THE AVERAGE ON A 30-YEAR HOME LOAN is AT 3-POINT-95 PERCENT AND THREE-POINT-24 PERCENT FOR A 15-YEAR FIXED MORTGAGE. WHO NEEDS BRAINS WHEN YOU'VE GOT THE LOOKS?